ENO Breathe

In partnership with Imperial College Healthcare NHS Trust

ENO BREATHE

A breathing and wellbeing programme for people recovering from the effects of COVID-19.

Have you recently recovered from coronavirus but are still finding it difficult to breathe fully?

You can now join this free six-week programme led by the English National Opera (ENO), in partnership with Imperial College Healthcare NHS Trust.

ENO Breathe provides useable tools to help manage your breathlessness in a friendly, calm, safe and supportive online environment.

'A fantastic tool that has given me my confidence back'

Sheeba, ENO Breathe participant

As featured on BBC Breakfast, ITV News, Radio 4 Today programme and The Telegraph

NHS
Imperial College Healthcare
NHS Trust

How does the ENO Breathe programme work?

ENO Breathe is a pioneering breathing and wellbeing programme developed by ENO and Imperial College Healthcare teams specifically for people recovering from COVID-19. Combining both medical and musical expertise, it offers unique practical exercises and online resources that you will be able to use to improve your breathlessness.

All six sessions are led by the ENO entirely online. Join a safe, friendly and supportive environment with a small group of individuals experiencing similar symptoms.

This programme focuses on breathing re-training through singing. **However, no prior experience or interest in singing is required to take part in ENO Breathe.**

We are only able to offer places to patients who have been referred through a specialist long covid clinic, see below for details on how to apply.

ENO Breathe will offer you:

- an initial one-to-one session
- six weekly group online workshop sessions
- access to online digital resources

For more information, please visit: **eno.org/enobreathe**

Sign up:

To register on this free programme, visit: **eno.org/enobreathesignup** and enter referral password: **lullaby** as well as your unique reference code: **this is the unique 10 digit code given to you upon referral**. If you have not been given your unique reference code, please contact your point of referral to get this.

If you have problems registering online please contact us by email at **breathe@eno.org**

Additional help for people recovering from COVID-19 can be found at **yourcovidrecovery.nhs.uk**

'I feel the improvement week on week' *Wayne, ENO Breathe participant*

'ENO Breathe has really aided me enormously with my breathlessness and also my anxiety around re-integrating myself back into society' *Richard, ENO Breathe participant*

Supported using public funding by
ARTS COUNCIL ENGLAND

Front and back photography by Karla Gowlett